

Happy New Year from the Ageing Well and Falls Prevention teams!

We hope you had a wonderful break over the festive season and are now re-energised and raring to go in 2022! We have some exciting new classes starting this year and are expanding some existing classes into new locations.



Meet the team

We have some new faces in the Ageing Well team so over the next few issues we will be featuring all of our staff members so you can get to know us better. This month's spotlight is on Julie Bolton, our deputy manager and class co-ordinator for Sedgemoor, West Somerset and Taunton.

Julie joined AUKS in 2016. As well as her role in the office, she also delivers classes for us. Her passions include yoga and tai chi, and she is qualified in Otago (the Stay Strong Stay Steady exercise programme) and Extend Movement to Music.

Last year, Julie missed the sun, sea and travelling so much that she invested in a paddle board and tried out body boarding in our chilly waters! In her spare time, she enjoys walking, reading and working out her green thumbs in the garden.



News

We have introduced a new style of exercise class!



The flyer is for 'Creative Dance' by Somerset Age UK. It features a purple and pink color scheme. At the top left is the Somerset Age UK logo. The title 'Creative Dance' is in large, bold, black letters with a purple shadow. Below the title is a description: 'A fun, creative and expressive movement and exercise session using music and props. Work at whatever level of ability is right for you!'. In the center is a photo of two women, one in a white shirt and one in a black shirt, both smiling and posing. Below the photo is the text 'PRE-BOOKING ESSENTIAL'. At the bottom left, it says 'For more information or to book your place, please call the Ageing Well team at Age UK Somerset on 01823 345626 email: ageingwell@ageuksomerset.org.uk visit our website: www.ageuksomerset.org.uk'. At the bottom right, it says 'This class is held at:'. At the very bottom, there is a small footer with 'Ref: 19/01/2022' and 'Registered Charity No. 1015900'.

Somerset ageUK

Creative Dance

A fun, creative and expressive movement and exercise session using music and props.
Work at whatever level of ability is right for you!



PRE-BOOKING ESSENTIAL

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01823 345626
email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

This class is held at:

Ref: 19/01/2022 Registered Charity No. 1015900

Creative Dance

With creative dance, there is no right or wrong—it's a fun and creative exercise session using music and props such as scarfs, where you can express yourself.

We are delighted to have Mandy join our team. She is bringing these exciting new classes to Old Cleeve and Stogursey in West Somerset.

The classes are held Stogursey, on Wednesdays at 10:30 and Old Cleeve, on Thursdays at 10am. Please help us spread the news by sharing on our socials!

What did the experts say about healthy ageing in 2021?

The Centre for Ageing Better hosted an online conference at the end of last year 'Healthy Ageing 2021'. You can catch up on recordings from the conference and a variety of thought provoking panel discussions here:

<https://cop.ageing-better.org.uk/healthy-ageing-conference21>



Beat the Blues this January

Are you feeling a little deflated after the excitement of the Christmas period? It's totally normal to feel unmotivated at this time of year, but it's also important to remember to take care of ourselves. To help, Get Outside In Somerset have created a self-care checklist which has inspired us here at the Ageing Well hub to go 'net-walking' and have our meetings on the move, outside!

For more information head over to getoutsideinsomerset.co.uk



Beat the blues!
get Outside In Somerset

Done!

Go outside and move for 30 mins a day	<input type="checkbox"/>
Meet a friend for a coffee	<input type="checkbox"/>
Enjoy a hobby or try a new one	<input type="checkbox"/>
Spend time in nature	<input type="checkbox"/>
Sign up to a new challenge	<input type="checkbox"/>
Volunteer and help others	<input type="checkbox"/>
Reflect on your goals	<input type="checkbox"/>

Share your self care photos on social with the hashtags:
#BeatTheBlues and #GetOutsideInSomerset



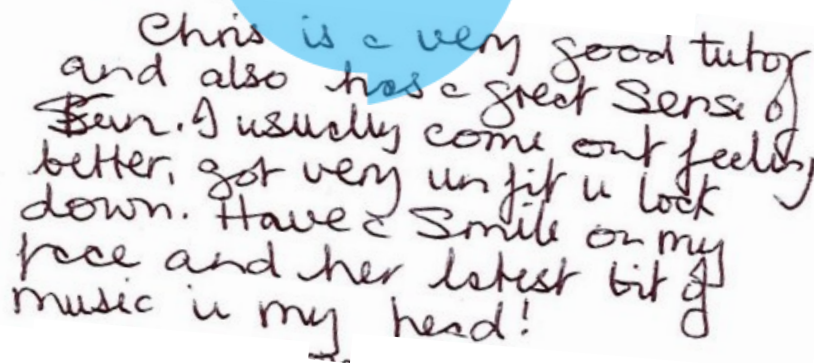
Escape Pain– Coming Soon to North Somerset

Next month we are launching Escape-Pain, a group-based rehabilitation program for knee and hip osteoarthritis in the Weston area. More on this in our next issue!

escape pain

Celebrating Success

We love hearing your news and positive feedback.
Last month we received a lovely Christmas card and donation
from a very happy participant. Well done to Chris Burt!



Chris is a very good tutor
and also has a great sense of
humour. I usually come out feeling
better, got very unfit & look
down. Have a smile on my
face and her latest bit of
music is my head!

**Please share
your stories
with us.**

Social Media

We are on [Twitter](#) and [Facebook](#).

Do you follow us?
[@AgeWellSomerset](#)



Help us spread the word

We would love for you to suggest local ways we can share our classes.
Do you know of any local Facebook community groups, specific parish
newsletters or popular #hashtags so we can share our classes in your
area. Please email: sarahjane.fraser@ageuksomerset.org.uk

Contact Us



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